Claim 1. (canceled)

Claim 2. (previously presented) The method of Claim 31, wherein said light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

Claims 3 - 11. (canceled)

Claim 12. (previously presented) The method of Claim 36, wherein said light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

Claim 13. (canceled)

Claim 14. (previously presented) The method of Claim 38, wherein said light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

Claims 15 - 27. (canceled)

Claim 28. (withdrawn) A meter for measuring optical radiation for stimulating at least one of the mammalian circadian, photoneural, neuroendocrine or neurobehavioral systems, said meter system comprising at least one meter, said at least one meter being configured to measure optical radiation based on the spectral sensitivity of the photoreceptor system for at least one of the mammalian circadian, photoneural,

neuroendocrine or neurobehavioral systems, wherein said spectral sensitivity has at least one peak of sensitivity within the range of 425 - 505 nm.

Claim 29. (withdrawn) The meter of claim 28, wherein said at least one meter is configured to measure therapeutically effective light, whereby said measured therapeutically effective light stimulates the photoreceptor system for at least one of the circadian, photoneural, neuroendocrine or neurobehavioral systems of said mammal and at least treats or prevents at least one light responsive disorder in said at least one mammal.

Claim 30. (withdrawn) The meter of claim 29, wherein said at least one meter is configured to measure therapeutically effective light, whereby said measured therapeutically effective light stimulates the photoreceptor system for at least one of the circadian, photoneural, neuroendocrine or neurobehavioral systems of said mammal and treats and prevents at least one light responsive disorder in said at least one mammal.

Claim 31. (currently amended) A method of at least treating or preventing at least one light responsive disorder in at least one mammal, said method comprising the steps of: utilizing at least one light source, said at least one light source emitting optical radiation; causing said optical radiation to be commonly therapeutically effective in humans by employing a pre-established spectral composition that has been pre-identified as a maximally potent spectral composition in the regulation of human circadian physiology, said pre-established spectral composition comprising at least one enhanced spectral region comprising at least one peak of emitted light within the range of 435-488 nm;

exposing at least a portion of the retina of at least one eye of at least one mammal to said pre-established spectral composition of optical radiation such that said light source is not mounted on the body of said at least one mammal;

stimulating the photoreceptor system for at least one of the circadian, photoneural, neuroendocrine or neurobehavioral systems of said at least one mammal;

and, enabling at least the treatment or the prevention of at least one light responsive disorder in said at least one mammal.

32. (previously presented) The method of Claim 31, wherein said therapeutically effective optical radiation further comprises a therapeutically effective amount of light.

33. (withdrawn) The method of Claim 31, said method further comprising enabling the treatment of at least one light responsive disorder in said at least one mammal.

34. (previously presented) The method of Claim 31, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and

causing said at least one light filtering component to transmit therapeutically effective optical radiation.

35. (previously presented) The method of claim 34 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

36. (previously presented) The method of 34 wherein said at least one light filtering component further comprises at least one transparent composition.

37. (previously presented) The method of claim 34 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

38. (previously presented) The method of 34 wherein said light filtering component further comprises at least one translucent composition.

39. (previously presented ) The method of Claim 31, said method further comprising enabling the prevention of at least one light responsive disorder in said at least one mammal.

40. (previously presented) The method of Claim 39, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and
causing said at least one light filtering component to transmit therapeutically effective optical radiation.

41. (previously presented) The method of claim 40 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

42. (previously presented) The method of claim 40 wherein said at least one light filtering component further comprises at least one transparent composition.

43. (previously presented) The method of claim 42, wherein said at least one light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

44. (previously presented) The method of claim 40 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

45. (previously presented) The method of 40 wherein said at least one light filtering component further comprises at least one translucent composition.

46. (previously presented) The method of claim 45, wherein said at least one light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-

specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

47. (withdrawn) A method of treating and preventing at least one light responsive disorder in at least one mammal, said method comprising the steps of:
utilizing at least one light source, said at least one light source emitting optical radiation;
causing said optical radiation to be therapeutically effective light, said therapeutically effective light comprising a spectral composition of at least one enhanced spectral region comprising at least one peak of emitted light within the range of 435-488 nm;
exposing at least a portion of the retina of at least one eye of at least one mammal to said therapeutically effective light such that said light source is not mounted on the body of said at least one mammal;
stimulating the photoreceptor system for at least one of the circadian, photoneural, neuroendocrine or neurobehavioral systems of said at least one mammal; and,
enabling the treatment and prevention of at least one light responsive disorder in said at least one mammal.

48. (withdrawn) The method of Claim 47, wherein said therapeutically effective light further comprises a therapeutically effective amount of light.

49. (withdrawn) The method of claim 47, wherein said at least one light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep

disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

50. (withdrawn) The method of claim 47, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and causing said at least one light filtering component to emit therapeutically effective light.

51. (withdrawn) The method of claim 50 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

52. (withdrawn) The method of 50 wherein said at least one light filtering component further comprises at least one transparent composition.

53. (withdrawn) The method of claim 52, wherein said at least one light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

54. (withdrawn) The method of claim 50 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

55. (withdrawn) The method of 50 wherein said light filtering component further comprises at least one translucent composition.

56. (withdrawn) The method of Claim 55, wherein said at least one light responsive disorder is at least one of the group of seasonal affective disorders (SAD), sleep disorders, circadian disruption, eating disorders, menstrual cycle disorders, non-specific alerting or performance deficits, hormone-sensitive cancers, or cardiovascular disorders.

57. (new) The method of claim 31, said method further comprising pre-identifying said pre-established spectral composition that has been pre-identified as a maximally potent spectral composition in the regulation of human circadian physiology, said pre-established spectral composition comprising at least one enhanced spectral region comprising at least one peak of emitted light within the range of 435-488 nm.